

Sometimes, first aid isn't a bandage, or CPR, or the Heimlich, or calling 911.

Sometimes, first aid is YOU!

Someone you know could be experiencing a mental illness or crisis. You can help them.

You are more likely to encounter someone experiencing a mental health crisis than someone having a heart attack. **Mental Health First Aid** teaches you about common warning signs and risk factors for mental health problems and provides a five-step action plan and resources for helping someone in crisis. Whether you are a first responder, teacher, faith community leader, human resources professional, parent, employer, coworker, or caring community member, this 12-hour certification course has information everyone can use.

Sometimes, the best first aid is you.

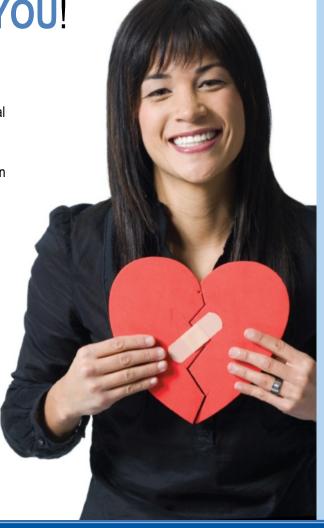
Take the course, save a life, strengthen your community.

Mental Health First Aid Course – 12-hour course, open to the public.

Cost: \$25

Register online for a course. If you have questions or need more information, contact Erika Gilliam:

703-383-8430 (TTY 711) or Erika. Gilliam@fairfaxcounty.gov.



ALGEE, the Mental Health First Aid Action Plan

Assess for risk of suicide or harm

Listen nonjudgmentally

Give reassurance and information

Encourage appropriate professional help

Encourage self-help and other support strategies

FAIRFAX-FALLS CHURCH COMMUNITY SERVICES BOARD Wellness & Health Promotion

Fairfax County is committed to nondiscrimination on the basis of disability in all county programs, services and activities.

To request this information in an alternate format, call 703-324-7000, TTY 711.